



KENTUCKY EMPLOYEES' WELLNESS

Check-up

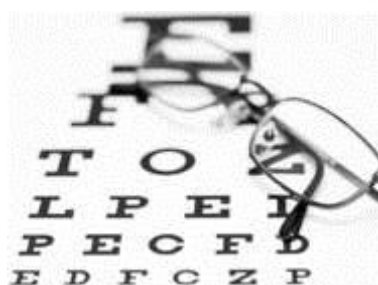
October 2018

Open Enrollment: Oct. 8-26, 2018



During this year's Open Enrollment, you'll find great new options for you and your family, including four LivingWell health plans, vision and dental insurance options, and lower costs for COPD and asthma medications. Find information online at KEHP.ky.gov, in your [Benefits Selection Guide](#), at one of your local [benefit fairs](#), or tune in to an Open Enrollment [webinar](#).

New dental/vision options through Anthem



You can now choose optional [dental](#) and [vision](#) insurance through Anthem. Both provide three plans to choose from with single, couple, parent-plus, and family coverage. These are voluntary and will be payroll deducted.

Rethink - Coming in Jan. 2019



This new free benefit available Jan. 1, 2019, Rethink will provide resources and support to those caring for children with developmental disabilities, or learning or behavioral challenges, including autism. Go to rethinkbenefits.com or page 22 of the [Benefits Selection Guide](#) to learn more.

2019 LivingWell Promise

Studies show that those who engage in their own wellness reduce healthcare costs for both the plan and the member.

New value benefit for COPD/Asthma

"My medications and testing supplies are now very low or no-cost. My numbers have improved so much I ceased taking some of my other cardiac medications..."

In 2015, KEHP offered a Diabetes Value Benefit to help reduce out-of-pocket costs for those needing diabetic medications and supplies. It has been so successful, the value benefit has been expanded to include medications for COPD/Asthma. If you receive maintenance prescriptions or supplies for treatment of these conditions, your pharmacy costs are being reduced! See page 17 of the [Benefits Selection Guide](#).

LivingWell Health Clinic opens in Louisville

With support from the Cabinet for Health and Family Services (CHFS), the Personnel Cabinet opened its fifth



LivingWell Health Clinic for Commonwealth employees at the L&N Building in Louisville. The new clinic is the first employee clinic located outside of Frankfort, and will serve approximately 800 employees working in the building. Learn [more](#).

Who dey...?

Ever wonder who all those [vendors](#) are and why it's important to you?

- Anthem Blue Cross Blue Shield (Anthem) provides your medical benefits, including LiveHealth Online.
- CVS/Caremark is your pharmacy provider, although you can get your prescriptions filled at almost any pharmacy.
- Your FSA/HRA/COBRA are operated by WageWorks.

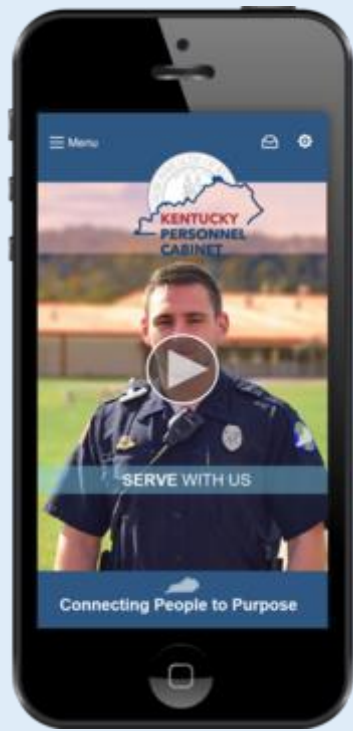
New next year, all members must complete a health assessment questionnaire or biometric screening by July 1, 2019 in order to receive a \$40 monthly premium discount in 2020.

You don't have to complete both the health assessment and biometric screening. But, if you do, you will receive additional Go365 Points!



- Vitals SmartShopper gives us the ability to save on medical procedures.
- Our wellness program is provided by Go365.

Never miss a beat!
Download your app today



Learn more at KEHP.ky.gov.
When you're ready to enroll, go to KHRIS.ky.gov

STAY CONNECTED:



This mailbox is not monitored for responses.